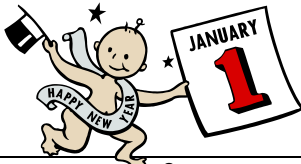




EAST WINDSOR SENIOR SERVICES EVENTS & ACTIVITIES

JANUARY 2014



Monday	Tuesday	Wednesday	Thursday	Friday
Mobile Food Share St. Catherine's Parking Lot Schedule Pending		1 SENIOR CENTER CLOSED NEW YEARS DAY! 	2 FREE BLOOD PRESSURE - SUGAR SCREENING 10:00 Tai Chi 10:15 - 11:15 SENIOR CLUB MEETING 1:00 - 3:00	3 FOOT CARE SERVICES 9:00 - 1:00 Jewelry Making 10:30 - 11:30
6 Shopping-Walmart/Big Y 9:00 - 11:00 Card Games 10:30 -12:00 Knit, Tat, and Chat 12:30 Wii Bowling 12:30 - 2:00 Art Classes 12:30 - 1:30	7 Focus Group 10:00 - 11:00 Food for Thought 11:00 - 11:30 ONE-ON-ONE LAW SESSIONS 12:30 Chair Yoga 12:30	8 Shopping at Geissler's 9:00 Wii Zumba with Melissa 12:30 - 1:30 Warehouse Point Library 1:00 - 2:00	9 Tai Chi 10:15 - 11:15 Visiting Nurse & Health Services Presentation Good Boundaries/Good Health 12:30 - 1:30	10 Breakfast- New Britain Diner AND New Britain Museum of American Art Maurice Sendak Exhibit 9:30 - 2:00
13 Shopping-Walmart/Big Y 9:00 - 11:00 Card Games 10:30 -12:00 Knit, Tat & Chat 12:30 Art Classes 12:30 - 1:30 Wii Bowling TOURNAMENT EW vs. WL at EW Senior Center 12:30 - 2:30	14 Genealogy Class 10:00 - 12:00 Chair Yoga 12:30	15 Shopping at Geissler's 9:00 Checkers 10:00 - 12:00 Wii Zumba with Melissa 12:30 - 1:30	16 Tai Chi 10:15 - 11:15 SENIOR CLUB MEETING 1:00 - 3:00	17 Jewelry Making 10:30 - 11:30 Wii Bowling 12:30 - 2:00
20 SENIOR CENTER CLOSED MARTIN LUTHER KING DAY! 	21 Foot Care Services 9:00 - 1:00 In - House Bingo 10:00 - 11:30 Chair Yoga 12:30	22 Shopping at Geissler's 9:00 Melissa's Craft Hour 11:00 - 12:00 Wii Zumba with Melissa 12:30 - 1:30 Broad Brook Library 1:00 - 2:00	23  MONTHLY SOCIAL ENTERTAINMENT BY The Troubadours 12:00 - 2:00	24 IN HOUSE MOVIE "ARGO" 9:30 - 11:45 Cutting Coupons for the Troops 12:30 - 1:30
27 Shopping-Walmart/Big Y 9:00 - 11:00 Card Games 10:30 - 12:00 Knit, Tat, and Chat 12:30 Art Classes 12:30 - 1:30 The Book Club 12:30	28 Shopping at Enfield Square With Lunch at Longhorn Steakhouse 9:30 - 1:30 Chair Yoga 12:30	29 Shopping at Geissler's 9:00 Scrabble 10:00 - 12:00 Wii Zumba with Melissa 12:30 - 1:30	30 Tai Chi 10:15 - 11:15 State Rep. Chris Davis 12:30 - 1:30	31 Jewelry Making 10:30 - 11:30 Wii Bowling 12:30 - 2:00

SENIOR CENTER HOURS - MONDAY THROUGH FRIDAY 8:00 a.m. to 3:00 p.m.

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860)292-8279

NUTRITION PROGRAM MEALS - ON - WHEELS(860) 292-8279 WEBSITE WWW.EASTWINDSORCT.COM

